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A sincere thank you to Chef Ronald De Santis, CMC of the Culinary Institute of America (Hyde Park) for sharing his culinary skills and expertise with school food service; and to Chef Mike Moskwa of Johnson and Wales University for inspiring food service professionals to "get excited" about creating healthy and attractive school meals.

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And finally, thank you to the many school food service professionals nationwide who participated in previous culinary training and who inspired the development of this video series and reference guide to share with their peers.



This companion piece serves as a quick reference guide to each of the video segments presented in the accompanying culinary video series *Cooking a World of New Tastes*.

Segment 1. Cooking With Skill (24 minutes)

Segment 2. Cooking With Moist Heat (20 minutes)

Segment 3. Cooking With Dry Heat (18 minutes)

Segment 4. Food, Fun, and Flair (15 minutes)

All four video segments are self-instructional and were designed to be viewed on staff "breaks" or during food service training sessions.

The video series is a "cooking show" for school food production staff and managers. Chef Ron De Santis, CMC, from the Culinary Institute of America in Hyde Park, New York, and Aline Rogers, a food production assistant at Potowmack Elementary School in Sterling, Virginia, host the first three segments. Food service staff everywhere will identify with Aline as she learns some chef's tips and shares in the preparation of a selection of new, tasty, and ethnically diverse recipes from USDA's *Tool Kit for Healthy School Meals*.

The fourth segment, *Food, Fun, and Flair,* features Chef Mike Moskwa from Johnson and Wales University in Providence, Rhode Island, with tips on using herbs and spices, and creative garnishing. This segment stresses the importance of making food attractive to kids.

Learning objectives are defined for each segment, followed by an outline of important supporting elements. USDA recipes are featured for managers to use in their operation. Not all recipes could be demonstrated, so several other recipes are suggested that follow the same directions found in the segment. Questions and Answers are found at the end of the first three segments. These questions correspond to those featured in the video.

The importance of school meals and their contribution to children's ability to learn are becoming more apparent. Many schools have already made efforts to make meals more appealing to children to increase participation. We hope this guide will provide new ideas to focus on "a world of new tastes" and introduce culinary skills that might not have been presented to school food service professionals.

A reference section listing additional resources follows at the end of this guide. It identifies other USDA training and technical assistance material, as well as other training sponsored by the National Food Service Management Institute. In addition, a suggested list of culinary schools is provided for those professionals in your operation who would like further hands-on culinary training.